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would be lower than the two previous years.

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By Paul Liotta, Staten Island Advance, N.Y. (TNS)

The Social Security Administration typically releases annual cost-of-living adjustments (COLA) in mid-October, but one organization says it will likely be lower in 2025 than years past.

The Senior Citizens League, a nonpartisan senior citizens group, released a 2025 COLA estimate of 2.6% April 10.

If the estimate holds, that number was lower than the two previous years when the

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According to a survey the League said it conducted among seniors, 71% of respondents said they'd seen an increase in household costs exceeding the 3.2% COLA from last year.

“From long-term dwindling purchasing power to heightened financial uncertainty, the trouble of seniors not being able to make ends meet remains a pressing concern of The Senior Citizens League,” Benton said.

About COLA adjustments

Social Security benefits and Supplemental Security Income (SSI) payments are subject to an annual COLA based on inflation rates to ensure that monthly payments keep pace with rising costs.

In October of 2023, the Social Security Administration (SSA) announced that beneficiaries will see a 3.2% increase for 2024, raising the average monthly payment for Social Security benefits by more than \$50 and the maximum SSI payment by \$30.

Cost-of-living adjustments are determined using third-quarter data—July, August and September—from the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W).

Inflation for those three months is added together, averaged and then compared to the previous year's third-quarter average, with the percentage difference between the current year and the previous year serving as the COLA rate for the upcoming year.

In recent years, the coronavirus (COVID-19) pandemic's impact on inflation led to abnormally high adjustments, including a 5.9% increase in 2022 and an 8.7% increase in 2023, which was the largest increase in four decades.

Reductions in inflation in 2023 brought 2024's adjustment back down to 3.2%,

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